



Take a moment to complete the survey below by July 20, 2007

1. How many points did you earn in week 5?

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2. How many points have you earned since you began SummerFit?

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3. Did you visit a park or trail last week?

() Yes

() No

4. Comments

[Submit]

If you do not receive a confirmation page after clicking submit, please click [here](#).

SummerFit - Week 6

As summer progresses you are no doubt finding many fun and healthy ways to continue on your journey to better health. A key component of a healthy lifestyle is being able to choose the best options among those presented to you; such as choosing stairs instead of elevators, or lower fat food choices over their high fat counterparts. Creating these habits will lead to long term success. This week, focus on making the best choice in every situation that you face.

SummerFit points categories:

- 30 minutes of physical activity – 7 points
- 8 ounces of water – 1 point
- 1 fruit or vegetable serving – 2 points
- 1 day without using tobacco (all participants eligible) – 2 points

You may also earn points by:

- [Forwarding SummerFit e-mail to a friend](#) – 2 points
- Completing the "Weekly Bonus" – 10 points

Preparing Healthy Outdoor Meals

Cooking outside provides a variety of nutritious options for summer meals. You should follow a few key tips to ensure grilling perfection. Grilled vegetables are always a healthy favorite, and by making good choices in your selection and preparation of meat, you can maintain your healthy lifestyle.



- Start with a lean choice:
 - The leanest beef cuts include round steaks and roasts (round eye, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts.
 - The leanest pork choices include pork loin, tenderloin, center loin, and ham.
 - Choose extra lean ground beef. The label should say at least "90% lean." You may be able to find ground beef that is 93% or 95% lean.
 - Buy skinless chicken parts, or take off the skin before cooking.
 - Boneless, skinless chicken breasts and turkey cutlets are the leanest poultry choices.
 - Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches instead of luncheon meats with more fat, such as regular bologna or salami.
- Keep it lean:
 - Trim away all of the visible fat from meats and poultry before cooking.
 - Broil, grill, roast, poach, or boil meat, poultry, or fish instead of frying.
 - Drain off any fat that appears during cooking.
 - Skip or limit the breading on meat, poultry, or fish. Breading adds fat and calories. It will also cause the food to soak up more fat during frying.
 - Prepare dry beans and peas without added fats.
 - Choose and prepare foods without high fat sauces or gravies.

Source: mypyramid.gov

Weekly Bonus



This week's bonus points can be earned through healthy summer grilling.

Outdoor grilling is a favorite summer activity in Indiana and can be a healthy way to enjoy a day with friends and family. There are many lean meats that can be cooked to perfection using this method, as well as an abundance of delicious vegetables that can be cooked on the grill.

This week, fire up that grill and cook your way to a healthy meal. For those without an outdoor grill, try using a grill pan with the broil feature on your oven. Be sure to thoroughly cook meats and season to perfection using herbs and spices. **Don't forget to award yourself 10 bonus points for**

completing this activity.

SummerFit Tracking Sheet

Keep track of your points with this printable tracking sheet

[Download here](#)

Do you know someone who could benefit from SummerFit?

Forward
to a Friend >

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